



# Triton Talk Newsletter

## A Year in Review

Tule Nation Tritons

2017

### SIX IMPROVE 100% IN THE RAIN AT CLOVIS— January 2017



What may be arguably the worst weather for a swim meet in the last two or more years, six of our 30 TNT swimmers who competed at the Clovis meet in January, primarily from the Selma and Visalia programs, still managed to improve 100% of their times in events 50 yards or longer that had been previously recorded with the team. Seven year old Meghan Adams (improving 1 of 1 event), along with Selma swimmers Sydney King (age 11 – 4 of 4), Jade Perez (age 8 – 2 of 2) and Delbert Salvadarena (age 9 – 3 of 3),

and Visalia swimmers Luke Vanwoudenberg (age 14 – 3 of 3) and Kylie Walker (age 13 – 4 of 4), all improved 100% of their times despite the inclement weather. The team's overall improvement percentage was only 39%.

Sixteen year old JD Koster was one of two swimmers who remained undefeated at the meet within their age and time divisions, winning all seven of his events entered for the 15-over division, while 12-year old Gage Price entered two events, and won both of those

within his divisions. JD had a time drop in the 100 back, swimming 58.86 reflecting a three and a half second improvement. Selma's ten year old, Sienna Abernathy, took home two first place finishes that included the 200 MI (2:53.10), and 100 IM (1:16.42), while her training partner, ten year old Sydnee Wilson, went home as the champion in both the 50 fly (33.79), and 100 breaststroke (1:24.27) events. Our only other double winner was Preston Niayesh who won the 100 free (50.98), and 50 free (23.79) events for the 15-over division. Other event champions included Meghan Adams (25 breast), Jillian Duffy (7-8 25 fly), Nathan Hunt (11-12 200 breast), and Tyson Phillips (7-8 50 free).

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## ALBRIGHT & MENDYK FINISH 1-2 AT FRESNO SENIOR MEET — January 2017

Although 17 of our 19 TNT swimmers who competed at the Fresno Senior meet over the third weekend of January earned a final swim in one of three heats, only one TNT swimmer came away as an event champion, and it was in the only event where TNT had a 1-2 finish. [Danielle Albright](#) came away as the event champion in the 200 breaststroke, followed by a second place finish from Katherine Mendyk in the event. Danielle had four final swims at the meet that included the 200 breast (1<sup>st</sup> – 2:34.15), 200 IM (5<sup>th</sup> – 2:18.56), 100 breast (3<sup>rd</sup> – 1:09.75), and 50 free (9<sup>th</sup> – 26.87), while [Katherine Mendyk](#) maintained the busiest schedule of any TNT swimmer, earning a final swim in all six events that she competed in. Her finals included the 200 breast (2<sup>nd</sup> – 2:37.37), 200 IM (11<sup>th</sup> – 2:23.78), 100 free (13<sup>th</sup> – 1:00.00), 200 free (7<sup>th</sup> – 2:07.63), 100 breast (6<sup>th</sup> – 1:16.02), and 50 free (12<sup>th</sup> – 27.36).



Other top-24 finishers in finals included [Libby Adriaansen](#) (100 back – 23<sup>rd</sup>, 200 breast – 7<sup>th</sup>); [Layla Flores](#) (100 back – 9<sup>th</sup>, 200 breast 4<sup>th</sup>); [Jillian Gaines](#) (100 breast – 17<sup>th</sup>, 100 fly – 17<sup>th</sup>); [Mackenzie Garza](#) (100 back – 7<sup>th</sup>, 100 free – 2<sup>nd</sup>); [Lauren Geiger](#) (100 back – 4<sup>th</sup>, 100 free – 9<sup>th</sup>); [Diego Gutierrez](#) (100 back – 8<sup>th</sup>, 100 free – 8<sup>th</sup>, 200 free – 8<sup>th</sup>, 100 breast – 7<sup>th</sup>, 50 free – 11<sup>th</sup>); [Isaac Gutierrez](#) (100 back – 9<sup>th</sup>, 100 free – 12<sup>th</sup>, 200 free – 14<sup>th</sup>, 100 breast – 9<sup>th</sup>, 50 free – 11<sup>th</sup>); [Xavier Gutierrez](#) (100 back – 17<sup>th</sup>, 100 breast – 11<sup>th</sup>, 50 free – 20<sup>th</sup>); [Preston Niayesh](#) (100 breast – 3<sup>rd</sup>, 100 fly – 3<sup>rd</sup>); [Ava Olson](#) (200 fly – 3<sup>rd</sup>, 200 breast – 13<sup>th</sup>, 100 breast – 16<sup>th</sup>, 100 fly 10<sup>th</sup>); [Satoshi Shinkawa](#) (200 IM – 4<sup>th</sup>, 100 back – 3<sup>rd</sup>, 100 free – 3<sup>rd</sup>); [Seiji Shinkawa](#) (100 back – 18<sup>th</sup>, 100 free – 15<sup>th</sup>); [Shoji Shinkawa](#) (100 back – 21<sup>st</sup>); and [Katherine Sullivan](#) (200 IM – 12<sup>th</sup>, 100 back – 15<sup>th</sup>, 100 free – 15<sup>th</sup>).

The top performances in terms of improvements unquestionably belong to two swimmers: [Diego Gutierrez](#) and Selma's [Shoji Shinkawa](#). Despite another rain-drenched swim meet, and a team improvement rate that only reached 37%, Diego and Shoji still managed to improve all events entered, and by very large margins. [Diego](#) competed in, earned a final swim in, and improved five of five events with his largest improvement of over six seconds being from his final swim in the 100 backstroke where he earned a top-8 finish. Twelve year old [Shoji](#) competed in four events, and improved all four with a margin of no less than approximately three seconds. His largest improvements were also over six seconds, and in two separate events that included the 100 back (his final swim), and the 100 free.

## FOUR SCORE AT JUANITA ALLINGTON — January 2017

Twelve TNT swimmers competed at the Juanita Allington Memorial meet over the last weekend of January, and four of our swimmers earned second swims in a scoring final, highlighted by the championship, top-8, swim by Selma's Jonas Huckabay. Jonas maintained the highest finish of any TNT swimmer by placing 8<sup>th</sup> with a time of 17:04.26 in the 1650 free-style. Jonas also finished 21<sup>st</sup> in the 1000 free (10:16.31), and 25<sup>th</sup> in the 500 free (4:54.26). Our top point-getter was JD Koster who scored in three events, where a nearly 10 second improvement in the 400 IM to a 4:16.40 set him up for a 9<sup>th</sup> place finish in the championship final that fielded 10 swimmers. He also won the consolation heat of the 200 breaststroke with a time of 2:12.84, and then went on to score in the B final of the 200 IM where his 2:01.68 was enough for a 17<sup>th</sup> place finish there. JD had two additional finals that included a

26<sup>th</sup> place finish in the 100 fly (53.72), and 22<sup>nd</sup> place in the 100 breast (1:01.85). Two other swimmers earned a scoring finish by winning their respective consolation heats, and these two included Danielle Albright who swam 1:06.45 in the 100 breaststroke to finish 11<sup>th</sup> there, and Selma's Morgan Coddington who improved her 400 IM by five seconds to a 4:37.69 to finish 11<sup>th</sup> in that event. Danielle also finished 22<sup>nd</sup> in the 200 breast (2:27.10), 36<sup>th</sup> in the 100 fly (1:01.62), and 24<sup>th</sup> in the 200 IM (2:13.95), while Morgan earned additional second swims by finishing 21<sup>st</sup> in the 200 breast (2:26.36), 31<sup>st</sup> in the 100 back (1:02.32), and 31<sup>st</sup> in the 200 IM (2:12.40).

A total of eight swimmers earned a second swim in one of four heats of ten finalists, and our remaining finalists in-

cluded Libby Adriaansen who finished 40<sup>th</sup> in the 100 breast (1:15.69), Katherine Mendyk who finished 30<sup>th</sup> in the 100 breast (1:13.36), Selma's Emma Pena who finished 32<sup>nd</sup> in the 50 free (25.29), and Selma's Satoshi Shinkawa who finished 22<sup>nd</sup> in the 200 back (2:02.30), 33<sup>rd</sup> in the 50 free (22.79), and 27<sup>th</sup> in the 100 fly (54.23).

Only three swimmers managed to improve 100% of their times at this senior-level of competition, and the three included Libby Adriaansen who competed in two events and improved both, Selma's Morgan Coddington who improved all four of her events, and Selma's Maya Herrera who competed in five events, and improved all five, and who, by improving over 27 seconds, maintains the largest net improvement among any of our team members.

## **ROBERTS, WONG & WONG SET TEAM RECORDS AT JUNIOR OLYMPICS**— February 2017



Four team records fell during the short course Junior Olympic meet, and these were reset by three different swimmers. Fourteen year old Alex Roberts took home the gold medal in the 100 yard backstroke with a time of 58.27 which topped the previous team record held by Samantha Goates, and set in 2005 while competing at Sectionals while earning a final swim in the event. The previous record stood at 58.42, and now Alex's time stands as the 151st fastest in the nation for girls at age 14. Alex's time is also a qualifying time for Futures.

Alexa Wong set her first team record, and in the same 100 yard backstroke event, but for the 10-under girls division while placing 2nd. Alexa's time of 1:10.30 is currently the 142nd fastest in the nation for girls at age 10, and she set a record that was established back in April of 1990 as 1:11.16 by Jill Edminster while competing at Far Westerns, and was therefore one of the longest standing records on the books.

Bryan Wong continues his record breaking performances in the age division by setting two new records for the 11-12 boys. His time of 1:03.20 finished 3rd in the 100 IM, and slid under Satoshi Shinkawa's Far Western time of 1:03.64 set as the previous record four years earlier. Bryan's time is the 285th fastest nationally for boys at age twelve in the event. His second record came in the 200 IM, where his time of 2:15.74 finished 2nd, and broke Coach Jason Ricablanca's team record of 2:16.88 that was set in 1994 while competing at the Merced meet. The new record ranks 311th nationally for boys at the same age. Bryan now holds six of the eighteen short course team records, and they include: 50 breast, 100 breast, 200 breast, 100 IM, 200 IM and 400 IM events.

Forty-four TNT swimmers competed at this year's short course Junior Olympic meet over the February 17-20 weekend, resulting in an accumulation of 1423 points, and a fourth place finish as a team, behind Clovis (4791 points), CCAT (2193), Bakersfield Aquatics (1802), and just ahead of Las Vegas Swim Club (1365). Twenty-nine teams scored at the meet. A total of 1,146 points resulted from our 26 swimmers who scored during individual events, and these points were led by five swimmers who scored in the triple digits: Alexa Wong (120 points), Selma's Sydnee Wilson (110), Bryan Wong (106), Visalia's Layla Flores (103), and Selma's Sienna Abernathy (100). Our remaining points from individual events came from: Lucas Huckabay (98), Jillian Duffy (81), Bryce Wong (72), Kylie Walker (62), Drew Black (55), Alex Roberts (51), Rylee Lord (41), Daniel Haley (35), Wyatt Ward (25), Addison McCullough (14), Isaac Gutierrez (13), Nathan Boudreaux (13), Ava Olson (9), Diego Gutierrez (9), Tyson Phillips (8), Nadia Garabedian (6), Claire Welborn (5), Nicholas Vassylenko (4), Meghan Adams (3), Logan Huckabay (2), and Annlyn Haworth (1).

Our overall team improvement percentage exceeded an astounding 73% with nineteen of our swimmers maintaining a 100% improvement rate. Congratulations to: Sienna Abernathy (improving 8 of 8 events), Meghan Adams (1 of 1), Libby Adriaansen (1 of 1), Maquire Barteau (1 of 1), Drew Black (7 of 7), Aidan Champagne (3 of 3), Ciena Clarke (1 of 1), Collin Duffy (1 of 1), Isaac Gutierrez (4 of 4), Madalynn Lady (3 of 3), Genoveve McIlwaine (1 of 1), Ava Olson (3 of 3), Alex Roberts (3 of 3), Luke Vanwoudenberg (2 of 2), Kylie Walker (4 of 4), Wyatt Ward (2 of 2), Claire Welborn (4 of 4), Sydnee Wilson (8 of 8), and Alexa Wong (7 of 7).

## **DANIELLE ALBRIGHT - EVENT CHAMPION AT GOLDEN WEST**— February 2017

Five TNT swimmers competed in the second long course meet scheduled on our senior meet calendar for the year, and our top performer is recognized as fourteen year old Danielle Albright who swam a time of 1:18.28 in the 100 meter breaststroke to come away with the only first place finish on our team. The next highest finish was the 2<sup>nd</sup> place performance of JD Koster, swimming a time of 2:35.65 in the 200 meter breaststroke, and he was followed by the 3<sup>rd</sup> place swim in the 500 IM of Alonso Escobedo who posted 5:07.56 in the event. Fourteen year old Katherine Sullivan had an 8<sup>th</sup> place finish in the 400 meter IM with a time of 5:48.93, while Preston Niayesh came home with a 10<sup>th</sup> place finish in the 200 breaststroke (2:51.45) as his highest finish.





## **COSTA & GEIGER FINAL AT LOST DUTCHMAN**— February 2017



Eleven TNT swimmers traveled to Chandler, Arizona over the third weekend of February and competed in the 2017 Lost Dutchman, and two of our team members earned second swims in no fewer than three of their events. Our highest finish came from Visalia's Lauren Geiger who scored in the championship final of the 50 yard butterfly event, swimming a time of 27.69 in the event to finish seventh in the sprint. Lauren also finished 10th in the 50 backstroke (29.13), and 14th in the 100 back after posting a time of 1:02.86 in the preliminary heats. Competing at the bottom of the 13-14 age division, Peyton Costa was the only other finalist for the team, scoring in the championship final of the 100 breaststroke event with a time of 1:08.76, and then swimming in the consolation heat of the 100 back (9th – 1:01.37), 50 back (11th – 28.68), and 200 breaststroke (13th – 2:27.56) events.

Our remaining swimmers, along with their highest finish, include: Micha Ruiz (100 free – 23rd), Janessa Bringe (500 free – 25th), Marcus Mecum (50 breast – 33rd), Raquel Mecum (50 breast – 54th), Carlos Garcia-Lemus (50 free – 62nd), Jillian Gaines (100 breast – 77th), Kate Geiger (50 back – 80th), Ashton King (100 back – 85th), and Isabella Klawitter (100 breast – 88th).

## **ALBRIGHT, KOSTER & NIAYESH FINAL AT SPRING SECTIONALS**— March 2017



Five TNT swimmers competed at an inaugural Spring Sectional Championships held in Carlsbad over the first weekend in March, and our finalists were led by our top point-getter, Danielle Albright who earned second swims in two of the four events she competed in, and improved her times in those two of four events. An improvement of over a second in the 100 yard breaststroke to a 1:05.29 placed 16<sup>th</sup> in the second of three heats that fielded ten contestants. Danielle is a veteran Futures qualifier in the event, and her improvement of over three seconds in the 200 breaststroke took her to a time of 2:22.68, a 19<sup>th</sup> place finish in a second consolation heat, and a second Futures cut.

Our second finalist was JD Koster who improved his time by over a half second to a 1:55.15 in the 200 yard butterfly, improving one of his three events that included a time trial, and finishing 30<sup>th</sup> in the bonus final. Preston Niayesh improved one of his four events that also included a time trial event, and his second swim came in a consolation final heat where his time improvement of over a second to a 58.34 was enough to win that heat, place 21<sup>st</sup>, and set the only team record at the meet. Preston had previously set the record as a 59.49 prior to the close of the year while competing at the Kevin Perry meet in November, and his new record stands as the 124<sup>th</sup> fastest male swimmer at age 16; however, he is one of only two swimmers in the history of our team to swim under one minute in the event. Preston's time is a new Futures cut.

Visalia's Mackenzie Garza maintained the highest improvement rate, bettering two of three events that included one time trial. Her highest place was 43<sup>rd</sup> in the 50 yard freestyle (24.53), while Alonso Escobedo swam to a second alternate position (32<sup>nd</sup>) in the 400 IM (4:16.27).

## 23 IMPROVE 100% AT RCA LONG COURSE MEET— March 2017



Twenty-three TNT swimmers led our team to an improvement rate that exceeded 66% at the first long course meet held in Central California Swimming to kick off the next season in preparation for achieving time standards for the upcoming summer's long course championship meets that include: Junior Olympics, June Age Group Invitational, Speedo Grand Challenge, Swim Meet of Champions, LA Invitational, Sectionals, Futures, and Junior Nationals. Our top performing swimmers in terms of 100% time improvement of their events include: Isabel Burrough (improving 2 of 2 events), Aaron Butts (2 of 2), John Cemo (2 of 2), Aidan Champagne (7 of 7), Duncan Champagne (6 of 6), Ciara Clarke (3 of 3), Julian Gaines (4 of 4), Nadia Garabedian (4 of 4), Logan Huckabay (2 of 2), Lucas Huckabay (8 of 8), Drew Johnston (3 of 3), Sydney King (3 of 3), Isabella Klawitter (7 of 7), Addison McCullough (3 of 3), Luke Pena (3 of 3), Jade Perez (4 of 4), Delbert Salvadalena (2 of 2), Shoji Shinkawa (4 of 4), Blake Sifton (2 of 2), Nicholas Vassilenko (6 of 6), Kylie Walker (4 of 4), Alexa Wong (3 of 3), and Bryan Wong (3 of 3).



Twenty-three event champions among TNT swimmers were a result of the meet, and our highest number of first place finishes came from the performances of Selma's Lucas Huckabay who took home the gold in the 10-under division by winning the 200 free (2:45.46), 50 free

(34.04), 100 free (1:15.96), and 200 IM (3:15.56) events. Three of our swimmers remained undefeated in the small number of events they did enter. Danielle Albright competed in three events for the 13-over division, and won all three. These included the 100 breast (1:22.17), 200

back (2:47.19), and 200 IM (2:47.00). Her training partner, Alonso Escobedo, also won three events, and his included the 200 free (2:07.17), 100 free (58.67), and 200 IM (2:20.21) events. Our only other uncontested swimmers, also winning three events, was Bryan Wong in the 11-12 division, winning the 100 free (1:03.21), 100 breast (1:19.95), and 200 IM (2:35.45) events. Other event champions included Sienna Abernathy (200 free), Libby Adriaansen (800 free), Drew Black (50 breast), Aidan Champagne (100 fly & 50 fly), Ciara Clarke (50 fly & 50 back), Layla Flores (100 back), Mackenzie Garza (50 free), Jonas Huckabay (400 IM), Caroline Mendyk (100 breast), Preston Niayesh (100 fly & 100 breast), Ava Olson (100 fly & 400 IM), Madison Pallares (200 breast), McKenna Pressley (200 fly), Micah Ruiz (100 back), Satoshi Shinkawa (200 fly & 200 back), Kylie Walker (100 fly & 100 free), Wyatt Ward (200 breast), Sydnee Wilson (50 breast), and Alexa Wong (50 back & 200 IM).

Forty-nine TNT swimmers posted long course times in events for their first time. A warm welcome to the long course season goes to: Sienna Abernathy, Drew Black, Aaron Butts, Audrena Butts, William Butts, Paulina Cemo, Duncan Champagne, Ciara Clarke, Cabriella Costamagna, Laney Cox, Riley Duffy, Isaak Ensz, Koen Ensz, Carlos Garcia-Lemus, Kate Geiger, Sophia Guzman, Caolinn Hardy, Annlyn Haworth, Daren Hess, Lily Hodges, Sarah Hourigan, Logan Huckabay, Nathan Hunt, Ashton King, Madalynn Lady, Mark Marroquin, Addison McCullough, Jojo Mecum, Raquel Mecum, Joshua Mitchell, Madison Pallares, Luke Pena, Jade Perez, McKenna Pressley, Emelia Rasner, Delbert Salvadalena, Seiji Shinkawa, Shoji Shinkawa, Clara Shinn, Liam Shinn, Blake Sifton, Jake Surratt, Jenna Surratt, Bianca Sweidy, Nicholas Vassilenko, Addia Watson, Chesney Watson, and Jacob Wheeler.





**LAYLA FLORES WINS AT SWAGR**— March 2017

Six TNT swimmers competed at the second annual South West Age Group Regional (SWAGR) swim meet hosted by California Capital Aquatics in Roseville over the March 16-19 weekend which afforded finals for single-age divisions for the top ten performers from the preliminary heats, and four of our six came away earning a spot in no fewer than three finals within their respective age divisions. Visalia's thirteen year old Layla Flores came away as the only event champion for TNT, and she did this in the 400 yard IM by improving her preliminary swim by over 20 seconds to a lifetime best of 4:46.53, and moving from 8<sup>th</sup> to 1<sup>st</sup> in the event. Layla was also the top overall scoring individual for TNT, earning finals in five of her seven events, thereby also maintaining the largest number of earned finals for the team. Besides the first place finish in the 400 IM, Layla scored 41 points from individual events by also finishing 2<sup>nd</sup> in the 200 breast (2:33.74) and 2<sup>nd</sup> in the 200 IM (2:16.38), as well as finishing 4<sup>th</sup> in the 200 back (2:17.84), and 6<sup>th</sup> in the 100 breast (1:11.71).

Layla's training partner in Visalia,

Rylee Lord, also earned five second swims for the 13-year old division among her six events entered, her highest finish being a 3<sup>rd</sup> place in the 100 free where she posted her lifetime best of 56.26. Rylee also improved her 200 freestyle time to a 2:03.87 to finish 4<sup>th</sup> in that event. She improved four of her six swims, and the improvements included the 6<sup>th</sup> place finish in the 100 fly after swimming 1:02.66 in the preliminary heats. Rylee finished 7<sup>th</sup> in the 200 fly (2:22.42), and topped out her finals with a 9<sup>th</sup> place finish, and time improvement, in the 50 free (26.19).

Our next finalist was Ava Olson who competed in the 11-year old division, and she had top-9 finishes in four of her seven events, earning 29 points in the scoring final, and having her highest place as 4<sup>th</sup> in the 100 fly where she posted a lifetime best of 1:07.42 in the event. She followed that with a pair of 8<sup>th</sup> place finishes that included an improvement that exceeded 10 seconds in the 400 IM (5:14.77), and a near four second improvement in the 200 fly (2:25.44) where she posted a new Far Wester cut while on the bottom of the 11-

12 age group. Her Sunday held a busy schedule that included the preliminary and final in the 200 fly, but also the 1000 freestyle where her nearly 17-second improvement was enough for a 9<sup>th</sup> place finish there.

Our remaining finalist was Selma's 10-year old Sienna Abernathy who posted three final events among her six that she competed in. Sienna's highest place was in the 100 yard freestyle event where a nearly half second improvement was enough for an 8<sup>th</sup> place finish there. She followed that swim with a 9<sup>th</sup> place in the 200 IM where she improved her preliminary swim by over two seconds to a 2:48.35. Her remaining final was in the 50 fly, where she posted a time of 33.28, which was once again faster than her preliminary swim, and enough for a 10<sup>th</sup> place finish there.

Visalia swimmers Ciara Clarke had her highest finish as 13<sup>th</sup> in the 50 back (33.56) for the 11-year old division, while Visalia's Daniel Haley competed in the 13-year old boy's division and his highest finish was 17<sup>th</sup> in the 500 free where he posted his lifetime best of 5:30.47.

## BRYAN WONG – 4 TEAM RECORDS & 3 FINALS AT FAR WESTERNS— March 2017



Eight TNT swimmers traveled to Pleasanton over the last weekend of March to compete at one of the most competitive age group championship meets in the nation. Pacific Swimming's Far Western Championships has an international history that dates back to 1925 where the inaugural meet was held at the San Francisco Fleishhacker Municipal heated salt-water swimming pool that played host to the likes of Johnny Weissmuller. More recently the meet has played host to the likes of Michel Phelps, Janet Evans, Pablo Moreales, Summer Sanders, Natalie Coughlin and Missy Franklin.

This year, 12-year old Bryan Wong competed at the meet along with his teammates, and began the meet with a near miss to finals, finishing 11<sup>th</sup> in the preliminary heats of the 200 breaststroke, but with a new team record of 2:30.33 which currently stands as the 178<sup>th</sup> fastest nationally. He came away with earning a final swim in three events later in the meet that resulted in three new team records. He started his championship performance with a

3<sup>rd</sup> place finish in the 50 breaststroke, where his time of 30.59 fell over a second under his pre-existing team record of 31.71 that he set at the Age Group Championships in San Diego last December. His new record stands as the 78<sup>th</sup> fastest nationally for boys at age 12. He improved nearly ten seconds in the 400 IM to post a new record of 4:44.85 in the events to finish 5<sup>th</sup>, and once again went under his previous record of 4:54.35 that he set last December at the Tulare meet. His new records now stand as the 167<sup>th</sup> fastest nationally for his age and gender. His final championship swim was in the 100 breaststroke where his time of 1:07.40 was nearly a two second drop, and again went under his San Diego swim, and previous record, of 1:09.22, and currently stands as the 118<sup>th</sup> fastest nationally.

Our team had two additional finalists, and one of the remaining two included a new team record. Sister, ten-year old Alexa Wong, also set a new team record, but in the preliminary heats of the 10-under 100 backstroke. She improved her lifetime

best by swimming 1:08.90 in the event, and finished 9<sup>th</sup> in a field of 10 swimmers in finals. Alexa is the 111<sup>th</sup> fastest nationally for girls of age 10. Fourteen year old Danielle Albright was our team's only other finalist, swimming a time of 1:06.72, and finishing 8<sup>th</sup> in the 100 yard breaststroke event for the 13-14 year old girls.

Selma's 10-year old Sienna Abernathy had her highest finish as 36<sup>th</sup> in the 200 free (2:21.42), while 10-year old Drew Black was the only TNT swimmer to improve 100% of times, and finished 27<sup>th</sup> in the 100 back (1:13.34) as her highest place. Visalia's 11-year old Layla Flores topped her performance with a 50<sup>th</sup> place finish in the 100 breast (1:10.65) while competing at the bottom of the 11-12 division, while Preston Niayesh finished 16<sup>th</sup> in his 100 breaststroke event (1:01.76) for the 15-16 division. Swimming her newly qualified event from the previous weekend, 11-year old Ava Olson finished 28<sup>th</sup> in the 11-12 200 fly (2:29.99).





## **WONGS ENTER ONTO LONG COURSE RECORD BOARDS— March 2017**



The sister-brother duo of 10-year old Alexa Wong and 12-year old brother Bryan Wong had previously made their initial marks on the short course team record board for TNT, and as a result of the Reedley meet that took place over the last weekend of April, are now beginning their impact onto the long course realm. Each of the two marked this early season long course meet with two new team records, the accumulation of their efforts over time being a notable reflection on the level of commitment considering a two-hour commute from Coalinga and back (one hour each way) to make it to practice nightly.

Ten year old Alexa Wong started her meet with a bang, improving nearly two seconds in the 200 meter freestyle, finishing 2<sup>nd</sup> in the event, but swimming a time of 2:33.85, falling just over a second and a half under Daniel

Albright's previous team record of 2:35.42 that was set at Junior Olympics in the summer of 2013, and posting the 10<sup>th</sup> fastest time in the nation for girls at age 10 to date. Her second team record came in the 100 meter backstroke, placing her as the owner now of both the 100 yard and 100 meter record in the stroke. Her first-place finish in the 100 meter backstroke, and time of 1:21.79 slides under Layla Flores's previous record of 1:22.24 that was set at Junior Olympics in 2014. This time now stands as the 18<sup>th</sup> fastest nationally, in a reporting period that extends through August.

Brother Bryan Wong posted a new team record, also in the 200 meter freestyle, but in the 11-12 age division. His 2:14.05 just slides under Jonas Huckabay's previous record of 2:14.70 that was set two years ago at Junior Olympics, and Bryan's new record currently stands as the 11<sup>th</sup> fastest nationally for boys at age 12. There are currently only four California swimmers who are 12 years old among the top 10 in the nation. Bryan also set a new team record in the 100 meter freestyle, where his time of 1:02.68 edges under Peyton Costa's previous record of 1:02.94 set just last year at JO's. Bryan's time currently stands as the 22<sup>nd</sup> fastest nationally for boys at age 12, in this early phase of the long course season.

Two of our Visalia swimmers were uncontested at the meet, winning all four events they entered. These two include 13-year old Layla Flores who won the 200 breast (3:07.14), 400 IM (5:44.56), 100 breast (1:26.25), and 200 IM (2:41.33) events, along with her 13-year old training partner, Kylie Walker, who won the 100 fly (1:09.48), 50 free (29.26), 100 free (1:06.47), and 100 breast (1:27.44). Other event champions included: Sienna Abernathy (age 10 – winning 1 event), Danielle Albright (14 – winning 3 events), Ella Bettencourt (11 – 1), Drew Black (10 – 1), Connor Bruton (14 – 1), Riley Carpenter (13 – 1), Aidan Champagne (12 – 2), Ciara Clarke (11 – 1), Peyton Costa (13 – 5), Riley Duffy (12 – 1), Diego Gutierrez (13 – 3), Daniel Haley (13 – 3), Nathan Hunt (12 – 1), JD Koster (16 – 3), Addison Mccullough (10 – 2), Genoveve Mcilwaine (13 – 1), Caroline Mendyk (12 – 1), Katherine Mendyk (16 – 1), Axel Miller (10 – 3), Preston Niayesh (16 – 1), Tyson Phillips (8 – 2), Chesney Watson (12 – 2), Benjamin Wheeler (13 – 3), Jacob Wheeler (8 – 1), Alexa Wong (10 – 5), and Bryan Wong (12 – 5).

With an improvement rate of 50% or greater as an indicator of successful improvement, our team maintained a 54% improvement rate, with eleven swimmers improving 100% of their events that had been previously recorded with our team. Congratulations to: Emma Bettencourt (improving 2 of 2 events), Paulina Cemo (1 of 1), Riley Duffy (2 of 2), Diego Gutierrez (4 of 4), Xavier Gutierrez (3 of 3), Addison Mccullough (7 of 7), Jojo Mecum (3 of 3), Marcus Mecum (3 of 3), Finnlee Morgan (3 of 3), Luke Vanwoudenberg (1 of 1), and Maryan Vanwoudenberg (1 of 1).





1). The following 22 swimmers improved 50% or more of their times. Congratulations also go to: Isabel Burrough (86%), Sydney King (83%), Rylee Noronha (83%), Ella Bettencourt (80%), Madalynn Lady (80%), Genoveve Mcilwaine (80%), Bryan Wong (80%), Kate Geiger (75%), Chesney Watson (75%), Drew Black (71%), Carlos Garcia-Lemus (67%), Daniel Haley (67%), Isabella Klawitter (67%), Raquel Mecum (67%), Addia Watson (60%), Benjamin Wheeler (57%), Alexa Wong (57%), John Cemo (50%), Aidan Champagne (50%), Peyton Costa (50%), Nathan Hunt (50%), and Luke Pena (50%).

The following nine swimmers entered only new events. A long course welcome to: Connor Bruton, Riley Carpenter, Brayden Coppola, Morgan Darpli, Axel Miller, Tyson Phillips, Mackenzie Sepeda, Arya Shrestha, and Avani Shrestha.



## **5 EVENT CHAMPIONS AT MERCED**— April 2017



At a swim meet where only about a third of all events that had been previously recorded on the team were improved, six TNT swimmers still were able to manage an improvement rate at 50% or better, and these swimmers were led by ten year old Raquel Mecum who improved two events that had been previously recorded with the team, and swam the 100 meter breaststroke for the first time. Our next highest improvement rates went to Peyton Costa and Hanford's Nathan Hunt who each improved four of their seven events. The remaining three swimmers maintained a 50% improvement rate, and these three included: Adian Champagne

(improving 3 of 6), Jillian Gaines (2 of 4), and Carlos Garcia-Lemus (1 of 2).

Five of our swimmers were event champions in in their respective A, B or C divisions, and these were led by Katherine Mendyk who won all three events she competed in on Sunday within the B-division. These events included the 100 meter freestyle (1:09.24), 100 breaststroke (1:26.79), and 200 IM (2:44.44). Peyton Costa competed primarily in the A-division, and he won both the 200 meter breaststroke (2:54.71), and 200 but-

terfly (2:44.42) events. Jillian Gaines was the B-division winner of the 200 fly (3:16.72), while Ava Olson was the A-division winner of the 400 IM (6:18.90). Our only other event champion was Benjamin Wheeler who improved over 40 seconds in the 800 free to win the B-division with a time of 10:06.69.



## **FOUR FINAL AT SMOC**— April 2017

Five TNT swimmers competed at the 2017 Swim Meet of Champions, this year held at the Irvine complex opposed to the traditional Mission Viejo venue due to re-construction of the Mission Viejo pool, and our swimmers came away with three time improvements, a rate that was led by Visalia's Lauren Geiger who improved one of her three events, but improved it twice: once as a time trial event, and then again in the actual event. Lauren's highest place was in the 100 meter butterfly, where her improvement to 1:08.05 finished 70th there.

Four of our swimmers performed well enough in the preliminary heats to either earn a spot in one of three final heats outright, or close enough to be scratched into a C-final heat. Danielle Albright was the top seed in the C-final of the 200 breaststroke after swimming a 2:46.64 in the preliminary heats, and then her time of 2:47.96 in the C-final was enough for a 21st place finish in the event. She also swam 1:18.88 in the preliminary heats of the 100 breaststroke, enough for a 31st place finish, and then scratches left her at the 1st alternate position (25th) where she was able to compete in lane 1 of the C-final, swim a full two seconds faster than the morning swim to a time of 1:16.89, and finished 18th overall.

Alonso Escobedo competed in the 200 meter backstroke, and swam a 2:25.45 in the preliminary heats to also finish 31st, and then was scratched into finals where he didn't compete. However, he did finish 37th in preliminary heats of the 200 IM on the last day of the meet with a time of 2:18.56, which was close enough to scratch him into the C-finals where his time of 2:19.47 finished 23rd in the event.

JD Koster earned a final swim in three of his six total events that he competed in for the meet, and all three of his finals took place on day one and two. He swam 2:14.46 in his strongest event, 200 fly, during the preliminary heats to finish 24th, and then improved his preliminary time to 2:13.19 and finished 18th overall. On day two he posted a time of 2:36.33 in the preliminary heats of the 200 breaststroke to place 28th going into finals, and then swam 2:39.96 to actually move up to 22nd overall. His last final was also on day two, but in the 400 IM where he posted a lifetime best of 4:54.34 to finish 25th in the morning, one place out of finals, and then scratched into the C-final where he swam a time of 5:00.34 to finish 24th overall.

Our last finalist was Preston Niayesh who competed in two events, and swam two finals, first by posting a time of 2:36.98 in the 200 meter breaststroke to finish 29th, but close enough to scratch into the C-final where he posted a time of 2:37.20, and finished 21st in the event. His last final was in the 100 meter breaststroke, where his preliminary time of 1:10.03 was 28th, and again close enough to scratch into the C-finals where he posted a time of 1:09.33 to again finish 21st in the event.

## **THREE FINAL AT SPEEDO GRAND CHALLENGE**— May 2017



Six TNT swimmers traveled to the Irvine pool over the Memorial Day weekend to compete at a venue that has played host to Team USA selection meets such as US Nationals, and this weekend played host to swimmers representing programs such as USC, Stanford, Cal Berkley, and Auburn University to name only a few.

Three of our swimmers earned second swims, and these were led by twelve year old Bryan Wong who competed in the 12-under division of the senior-level meet, raced in three events, and earned three championship final swims. Bryan finished 2<sup>nd</sup> in the 50 meter breaststroke, where he posted a time of 34.10

improving nearly three seconds in the event, and swimming a full two seconds under the pre-existing team record that was set by Preston Niayesh at Junior Olympics in 2013. His time currently stands as the fourth fastest nationally for boys at age 12, with the top time in the nation being posted by the individual who won the event at Speedo Grand Challenge. Bryan's next event was the 100 breaststroke, and once again he finished second, and with a time of 1:13.98 in the championship final that followed an improvement from his preliminary swim. He was once again well under Preston Niayesh's previous team record of 1:18.33 set at the same JO's in 2013. Bryan's time ties for the third spot nationally in the reporting cycle that will close at the end of August. The top 10 swimmers will be recognized by USA Swimming. His final championship swim was in the 200 IM, where once again he improved his time twice, and this time to a 2:25.62 falling under Peyton Costa's previous team record of 2:31.24 set at the

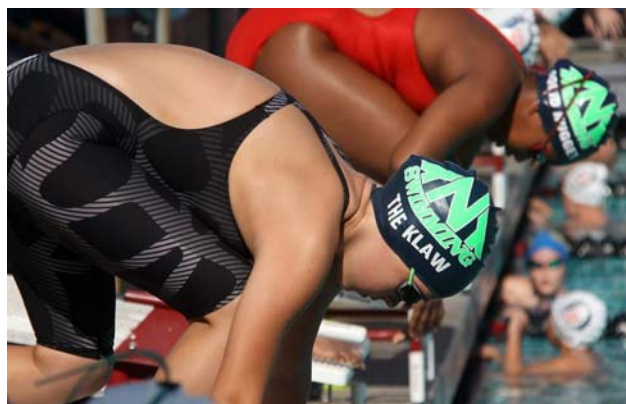


Junior Olympic meet last year. His current time ranks 10<sup>th</sup> among 12-year old boys.

Fourteen year old Danielle Albright had been competing at the meet since she was in the 11-12 age division, and earned a championship final swim when she first arrived at age 11. She continues earning that second swim, this time by making it to the A-consolation final of the 200 meter breaststroke and finishing 11<sup>th</sup> with a time of 2:42.85 which was nearly a three second improvement. Danielle also swam to a 15<sup>th</sup> place finish in the B-consolation on day 1 in the 100 meter breaststroke with a time of 1:15.70 which was an improvement over her preliminary swim. Preston Niayesh was our only other finalist, moving from 26<sup>th</sup> in the preliminary heats to finish 17<sup>th</sup> in the B-consolation final of his 200 breaststroke with a time improvement of nearly two seconds to a 2:30.02.

Alonso Escobedo earned his highest finish as 38<sup>th</sup> in the 200 IM (2:17.34), while Sierra Jett returned from Auburn University to join us, and finished 47<sup>th</sup> in her top event of the 50 free (28.20). JD Koster had his highest finish as 30<sup>th</sup> in the 400 IM (4:48.94) after improving over five seconds there.

## **WONG DUO COMBINE FOR FOUR TEAM RECORDS AT MIKE SNYDER**— May 2017



Nine TNT swimmers were event champions at the Mike Snyder Memorial Meet that took place over the Memorial Day weekend, and these gold medal performances were led by ten year old Alexa Wong who entered five events, and won four of them. Alexa took home a first place in the 100 meter freestyle (1:10.82), 200 IM (2:52.08), 50 fly (36.24), and 50 free (33.32). Of these events, she set new team records in two of them. Her 100 meter freestyle time of 1:10.82 currently stands as the 52<sup>nd</sup> fastest nationally for girls at age 10, and falls under Skylar Ford's previous record of 1:11.31 that was set five years ago while competing at the Junior Olympics in 2012. Alexa's 200 IM swim of 2:52.08 is nearly two and half seconds under Danielle Albright's previous team record set at JO's in 2013 and stands as the 31<sup>st</sup> fastest nationally for girls at her age. Her only second place was in the 400 meter freestyle, where her time of 5:22.23 slides under Danielle's previous team record of 5:24.37 set at the Fresno meet in 2013 and maintains her highest current national ranking at 29<sup>th</sup>.

The only other team record set at the Mike Snyder meet was from brother, Bryan Wong, who returned from a stellar performance at the Speedo Grand

Challenge with the sole purpose of winning, and breaking the team record, at the Mike Snyder meet in the 11-12 400 freestyle, an apparent goal when watching his first 25 meters of his swim. Bryan did just that, and swam over ten seconds under Jackson Huckabay's previous record of 4:44.10 set at JO's two years ago in 2015. Bryan's new team record of 4:34.32 is currently posted as the 8<sup>th</sup> fastest time nationally for boys at age 12, and we'll see if it maintains the top-10 in the current reporting cycle that ends at the close of August. USA Swimming recognizes the top-10 age group swimmers who are 12 to 16 years old annually

Besides Alexa Wong and Bryan Wong, our team had seven additional event champions who included Visalia's Layla Flores, our current team record holder in the 11-12 100 meter backstroke, who won the 100 meter backstroke with a time of 1:13.60, and also took home the win in the 200 IM with a time of 2:42.56 for the 13-14 girls division. Our only other double winner was Layla's previous training partner, now training in Selma, Kylie Walker, who currently holds six 10-under team records, and she won the 100 butterfly with a time of 1:09.32, and the 100 free with a time of 1:04.48 also in the 13-14 division. Drew Black was the winner of the 10-under 50 back with a time of 39.00 and improving over four seconds, while Peyton Costa continues a characteristic 100% improvement rate as he won the 400 free for the 13-14 division with a time of 4:40.35. Jillian Gaines was the winner of the 15-16 mile (1500 free) event with a time of 23:02.24 after improving over a minute in the event, and Katherine Mendyk took home the gold in the 15-16 200 breaststroke with a time of 3:03.98. Finally, 11-year old Ava Olson was the winner of the 12-under 400 IM after posting a time of 6:21.58.

Forty-three TNT swimmers competed at the meet, and forty-one of them had previously recorded times with the team and as a group, they maintained an astounding improvement percentage that exceeded 70%. Fourteen of our swimmers improved 100% of their times, and these included: Visalia's Ella Bettencourt (improving 7 of 7 events), Peyton Costa (8 of 8),

Riley Duffy (4 of 4), Diego Gutierrez (6 of 6), Ashton King (2 of 2), Hanford's Genoveve McIlwaine (5 of 5), Visalia's Tyson Phillips (2 of 2), Visalia's Emelia Rasner (4 of 4), Selma's Delbert Salvadalena (1 of 1), Blake Sifton (1 of 1), Selma's Chesney Watson (6 of 6), Bryan Wong (1 of 1), and Bryce Wong (1 of 1). The following nineteen swimmers maintained an improvement rate at or above 50%: Caroline Mendyk (88%), Daniel Haley (86%), Sienna Abernathy (83%), Drew Black (83%), Isabella Klawitter (83%), Jade Perez (80%), Duncan Champagne (75%), Laney Cox (75%), Xavier Gutierrez (75%), Benjamin Wheeler (75%), Aidan Champagne (71%), Addison McCullough (71%), Emma Bettencourt (67%), Ciena Clarke (67%), Connor Bruton (60%), Alexa Wong (60%), Nathan Hunt (57%), Ava Olson (56%), and Jacob Wheeler (50%).



## 24 COMPETE IN RECORD-BREAKING HEAT— June 2017

While 21 of our TNT swimmers competed at the June Age Group Invitational in Ventura where the temperature remained in the mid to high 70's, twenty-four of our team members braved the blistering Fresno valley record-breaking temperatures that exceeded 110 degrees over the same third weekend of June, and our performance resulted in four event champions that were led by double winner, Preston Niayesh who was the first place finisher in both the 100 meter breaststroke (1:11.84) and 100 meter freestyle (56.91) where he posted his lifetime best by well over a second. Our remaining event champions included Danielle Albright who won the 13-over 200 IM (2:37.01), JD Koster who won the 13-over 100 backstroke (1:08.26), and Caroline Mendyk who won the 11-12 girls 50 meter breaststroke (43.63).

Despite the heat, our team still managed to maintain an improvement rate of 48% which was led by Visalia's Daniel Haley who entered six events and improved all six. He was followed by three other swimmers who improved 100% of their times, and these included JD Koster (4 out of 4), Mackenzie Sepeda (2 of 2), and Visalia's Luke Vanwoudenberg (2 of 2). Other swimmers who maintained an improvement percentage at or above 50% included Ethan Enquist (75%), Selma's Chesney Watson (75%), Raquel Mecum (67%), Caroline Mendyk (63%), Lemoore's Michelle Murphy (57%), Jillian Gaines (50%), Visalia's Tyson Phillips (50%), Visalia's Maryn Vanwoudenberg (50%), and Selma's Kylie Walker (50%).

## ABERNATHY AND WONG BREAK TEAM RECORDS AT JUNE AGE GROUP CHAMPIONSHIPS— June 2017



Twenty one of our TNT swimmers escaped the record-breaking heat of the valley to compete in weather remaining in the mid-70's during the 2017 Southern California Swimming June Age Group Championships to finish 12<sup>th</sup> as an overall team among nearly 40 teams that scored at the meet.

Our 12<sup>th</sup> place finish was led by ten-year old Alexa Wong who contributed 87 points to the team total, and having her

highest finish as a pair of 3<sup>rd</sup> places, one in the 200 meter freestyle (2:32.88), and the other in the 200 IM (2:53.61). Alexa's 200 freestyle is a new team record, resetting her own 2:33.85 that she set at the Reedley meet two months earlier. Her time currently stands as the 66<sup>th</sup> fastest nationally for girls at age 10. She also competed in heat one of the 100 meter freestyle, where she posted a time of 1:10.40, which fell under the pre-existing team record of 1:10.82 that was set at

the Clovis meet one month earlier. Her time now ranks 67<sup>th</sup> among the nation's 10-year old girls.

The next highest point accumulation came from 13-year old Peyton Costa, competing at the bottom of the 13-14 age division, and scoring 70 points by placing in all six events that he competed in, and maintaining his traditional 100% improvement streak at age-group championship level meets. His highest finish was a pair of 5<sup>th</sup> places that included the 200 meter backstroke (2:28.20), and the 400 meter freestyle (4:31.29).

Two swimmers swam under the pre-existing team record of the 10-under girl's 100 freestyle during the meet. Ten year old Selma swimmer, Sienna Abernathy, swam 1:10.48 in heat two of the same event to go under Alexa's 1:10.82 team record, and her time is the 70<sup>th</sup> fastest nationally. Scoring 67 points from individual events, Sienna was our third highest scoring individual, also



coming home with a third place finish as her highest place, but in the 50 meter butterfly (36.45).

Our next highest point-getter was Bryan Wong who just recently arrived into the 13-14 age division where he competed and scored 58 points. Nevertheless, he managed to finish 3<sup>rd</sup> place in two 11-14 age division events that included the 200 breast (2:40.45), and the 400 IM (5:03.47). Bryan scored in all six events. Our next pair of highest point getters included 10-year old Drew Black (28 points) whose highest finish was 7<sup>th</sup> in the 50 back (39.42), and Visalia's Layla Flores who is competing at the bottom of her 13-14 age division, and had her highest finish as 7<sup>th</sup> in the 100 back (1:12.11). Diego Gutierrez, also on the bottom of the 13-14 age division, scored 20 points among two events, with his highest place being 5<sup>th</sup> in the 13-14 200 IM (2:26.41). Alex Roberts scored nine points with a 9<sup>th</sup> place finish in the 100 back (1:08.35), while Visalia's Megan Ridenour scored six points by placing 11<sup>th</sup> in the 100 meter breaststroke after swimming a 1:19.19 in the preliminary heats. Our final scoring swimmer was 11-year old Visalia teammate, Ciara Clarke, who competed as an 11-year old in the 11-12 division, and placed 13<sup>th</sup> in the 50 meter backstroke with a time of 36.89.

Improving four of four swims, Ciara Clarke was one of only four swimmers who improved 100% of their times, and these included Selma's Sienna Abernathy (improving 6 of 6), Peyton



Costa (6 of 6), and Bryce Wong (5 of 5).

Our remaining swimmers, along with their highest placed finish, include: Libby Adriaansen (age 15: 28<sup>th</sup> in the 200 breast), Janessa Bringe (age 15: 52<sup>nd</sup> in the 400 free), Aidan Champagne (age 12: 35<sup>th</sup> in the 50 back), Duncan Champagne (age 12: 34<sup>th</sup> in the 50 breast), Lauren Geiger (age 18: 24<sup>th</sup> in the 100 fly), Xavier Gutierrez (age 13: 17<sup>th</sup> in the 200 breast), Addison McCullough (age 10: 17<sup>th</sup> in the 50 breast), Ava Olson (age 11: 17<sup>th</sup> in the 100 breast), Emelia Rasner (age 10: 33<sup>rd</sup> in the 100 back), Katherine Sullivan (age 15: 18<sup>th</sup> in the 200 fly), and Bryce Wong (age 15: 21<sup>st</sup> in the 200 breast).

### 10 EVENT CHAMPIONS LEAD TNT TO 2nd PLACE FINISH AT JUNIOR OLYMPICS — July 2017

Forty-nine TNT swimmers competed at the summer long course Junior Olympics during the last weekend of July in bringing the team to a second place finish behind Clovis Swim Club. Our overall team performance was supported by ten champions of individual events. The team total was led by the only TNT swimmer with three individual event wins, that being Visalia's Layla Flores who, while on the bottom of the 13-14 girls age division, went uncontested in the 100 back where she swam a time of 1:11.40, the 200 backstroke (2:33.06), and the 200 IM (2:32.80). At 142 points from individual events, Layla was our team's highest contributor to the overall team point accumulation.

Our gold-medal performances went to Sienna Abernathy who was the winner of both the 10-under 50 meter freestyle (31.66), and the 100 meter freestyle (1:08.83). Her 100 free time is now a new team record that stands as the 65<sup>th</sup> fastest nationally for girls at age 10, and went under her own previous record of 1:09.11 that was set at the Clovis meet one month earlier. Sienna also set a new team record in the 200 freestyle with a time of 2:31.28, and this one went under Alexa Wong's previous record of 2:32.88 set at the June Age Group Invitational, just one month earlier. Her new record now stands as the 98<sup>th</sup> fastest nationally for the age.

Ten year old Drew Black came home with two wins, and hers also resulted in two team records. Her 1:20.00 in the 100 meter breaststroke was the fastest in that event, and her time went under Ava Olson's previous record 1:20.07 set at the June Age Group Invitational one year earlier. Drew's new record stands as the 135<sup>th</sup> fastest nationally for girls of the same age. Her second gold-medal performance was in the 50 backstroke, where her time of 37.17 fell under Ciara Clarke's previous team record of 38.22 that was set last year at the very same meet. Drew's time in this event ranks 138<sup>th</sup> nationally, and was the only other team record from the meet.

Libby Adriaansen came home with a gold medal, and hers was in the 15-over 200 meter breaststroke where her 3:06.01 was posted as the fastest time in the event. Porterville's Nathan Boudreaux, at age eight, had his first long course experience be Junior Olympics, and he took home the gold in the 8-under 50 breaststroke after swimming a time of 51.83 in the time-based final. Peyton Costa had his win while on the bottom of the 13-14 division, and he did this with an impressive time of 58.44 in

the 100 meter freestyle event. Selma's Celeste Madrigal made her first appearance as a TNT swimmer, and her performance resulted in becoming the champion of the 15-over 50 meter freestyle with a time of 29.04. Her training partner in Selma, Kylie Walker was a double winner of the 13-14 girls division in both the 100 meter butterfly (1:08.44), and the 50 meter freestyle (28.50), while our brother duo of Bryan and Bryce Wong combined for three wins in the family. At age 13, Bryan took home the gold in the 13-14 400 free (4:28.44), while Bryce went uncontested in both the 100 back (1:08.06), and 200 backstroke (2:28.88) events.

Our remaining athletes, and their highest place-finish include: Ella Bettencourt (8<sup>th</sup>: 11-12 50 back & 50 fly), Ciara Clarke (6<sup>th</sup>: 11-12 50 fly), Ciena Clarke (11<sup>th</sup>: 8-under 50 free), Cody Coles (2<sup>nd</sup>: 10-under 50 fly), Tyler Coles (9<sup>th</sup>: 13-14 100 back), Laney Cox (55<sup>th</sup>: 11-12 100 free), Riley Duffy (19<sup>th</sup>: 11-12 50 fly), Emma Enquist (16<sup>th</sup>: 15-over 50 free), Ethan Enquist (24<sup>th</sup>: 15-over 100 free), Jillian Gaines (15<sup>th</sup>: 15-over 400 free), Diego Gutierrez (3<sup>rd</sup>: 13-14 200 IM), Isaac Gutierrez (6<sup>th</sup>: 15-over 100 breast), Xavier Gutierrez (30<sup>th</sup>: 13-14 100 free), Daniel Haley (7<sup>th</sup>: 11-14 1500 free), Jackson Huckabay (2<sup>nd</sup>: 11-14 400 IM), Logan Huckabay (2<sup>nd</sup>: 8-under 50 fly), Lucas Huckabay (2<sup>nd</sup>: 10-under 50 free), Nathan Hunt (5<sup>th</sup>: 11-12 50 back), Ashton King (15<sup>th</sup>: 15-over 100 back), Isabella Klawitter (14<sup>th</sup>: 11-12 400 free), Madalynn Lady (17<sup>th</sup>: 10-under 100 breast), Addison Mccullough (5<sup>th</sup>: 10-under 200 IM), Genoveve Mcilwaine (11<sup>th</sup>: 13-14 100 breast), Raquel Mecum (27<sup>th</sup>: 10-under 50 breast), Caroline Mendyk (10<sup>th</sup>: 11-12 100 breast), Michelle Murphy (5<sup>th</sup>: 10-under 50 back, 50 free, 50 fly), Ava Olson (5<sup>th</sup>: 11-12 100 fly, 100 breast), Caleb Peltzer (29<sup>th</sup>: 15-over 50 free), Jade Perez (9<sup>th</sup>: 8-under 50 free), Tyson Phillips (27<sup>th</sup>: 10-under 50 back), Emelia Rasner (10<sup>th</sup>: 10-under 50 back), Joseph Ross (4<sup>th</sup>: 11-12 50 free), Katherine Sullivan (2<sup>nd</sup>: 15-over 200 fly), Chesney Watson (5<sup>th</sup>: 11-14 1500 free), Alexa Wong (7<sup>th</sup>: 11-12 100 fly), Brett Wong (5<sup>th</sup>: 15-over 200 IM, 50 free).

## **76% IMPROVEMENT RATE AT HANFORD MEET— September 2017**



The first short course opportunity in Central California Swimming following the most recent long course season was hosted by our Hanford group during the second weekend of September, and the one-day meet held in Tulare fielded 115 TNT swimmers who were among just under 200 swimmers total who competed at the meet. Seventy of our 115 who competed had previously reported times with the team, and that group maintained a cumulative improvement rate of 76%, with 43 of them maintaining a 100% improvement rate. Congratulations to the following 43 for their perfect performance: Joemar

Abad, Sienna Abernathy, Meghan Adams, John Bailey, Jacob Barber, Ella Bettencourt, Drew Black, Nathan Boudreaux, Aidan Champagne, Duncan Champagne, Brayden Coppola, Gabriela Costamagna, Laney Cox, Riley Duffy, Gabriela Dutra, Yasmin Erteza, Layla Flores, Shannell Flores, Kate Geiger, Raegan Greiner, Fletcher Grove, Nathan Hunt, Tanner Kelm, Ashton King, Isabella Klawitter, Madalynn Lady, Landon Mauge, Addison Mccullough, Axel Miller, Ava Olson, Jade Perez, Tyson Phillips, Kambria Prado, Trent

Regier, Abigail Rodriguez, Ivan Rodriguez, Joseph Ross, Delbert Salvadalena, Blake Sifton, Jake Surratt, Jenna Surratt, Luke Vanwoudenbert, and Brett Wong.

Although not necessarily new, an additional 44 TNT swimmers entered only short course events that they've never competed in before while representing TNT. Welcome to: Azulema Ayon, Micah Bailey, Lillian Barcellos, Emery Bechtol, Evelyn Bieze, William Butts, Tyler Coles, Beau Cooper, Reagan Cooper, Skylyn Coppola, Emma Darpli, Morgan Darpli, Skyler Davis, Sierra Dorough, Madison Dutto, Morgan Finnlee, Danielle Fremling, Brogan Galloway, Devon Goldsmith, Julia Goldsmith, Ava Goodwill, Isabella Gornick, Johnny Grove, Kaylee Hicke, Logan Hildreth, Regan Hildreth, Sarah Hourigan, Dasha Lester, Lauren Maurice, Gabrielle Mendoza, Amy Murphy, Michelle Murphy, Kamlynn Newlin, Camila Oriz Briones, Sarah Plummer, Vincent Prause, Evan Pugh, Emelia Rasner, Mikayla Rodriguez, Lily Seargeant, Jacee Taylor, Ethan Torres, Caiden Wallace, and Ava Wofford.



Three of our swimmers remained undefeated at the meet, winning all events that they entered. Our wins were led by 12-year old Ava Olson who took home the gold in all four events that included the 50 breast (35.79), 100 fly (1:07.25), 100 IM (1:10.16), and 500 free (6:03.55) events. Sixteen year old Preston Niayesh came home with next highest number of uncontested events, and his included the 50 free (23.29), 100 breast (1:00.62), and 200 IM (2:04.07) events. Our last undefeated swimmer was 6-year old Kamlynn Newlin who competed in two events, and won both, including the 25 free (24.27), and 25 back (24.49). Sixteen additional swimmer were event champions in one or more events, and these included: Sienna Abernathy (2), Meghan Adams (1),



### **DREW BLACK & PEARL JOHNSON UNDEFEATED AT CLOVIS** — September 2017



Ninety-one TNT swimmers were among the 472 total athletes at the Clovis Fall Classic that took place on September 23<sup>rd</sup> at Clovis West High School, being the second largest team behind the 213 Clovis athletes, and two of our swimmers came away undefeated at the meet. Ten year old Drew Black took home four wins reflecting the maximum number of events allowed at the meet. She was

the gold medalist in the 50 breast (40.53), 50 fly (31.56), 100 back (1:14.93) and 200 IM (2:41.81) events. Our only other undefeated swimmer was Porterville's six year old, Pearl Johnson who won the 50 free (45.50), 25 breast (30.74), and 50 back (58.72) events. Fourteen additional event champions include: Sienna Abernathy (100 free & 200 free), Meghan Adams (100 free), Nathan Boudreaux (25 breast), William Butts (50 fly), Cody Coles (100 free), Yasmin Erteza (50 back), Alonso Escobedo (400 IM), Layla Flores (100 free & 200 breast), JD Koster (200 breast), Preston Niayesh (100 free), Megan Ridenour (200 breast & 100 back), Joseph Ross (200 free), Alexa Wong (400 IM), and Bryan Wong (200 breast).

This early-season short course meet also resulted in 26 of our swimmers improving 100% of their times in events 50-yards or longer that had been previously recorded with the team. Congratulations to: Meghan Adams (improving 1 of 1), Ella Bettencourt (4 of 4), Evelyn Bieze (2 of 2), Aidan Champagne (3 of 3), Duncan Champagne (2 of 2), Ciara Clarke (3 of 3), Shannell Flores (2 of 2), Kate Geiger (2 of 2), Alyssa Gonzalez (2 of 2), Isabella Gornick (2 of 2), Sarah Gourigan (1 of 1), Nathan Hunt (3 of 3), Drew Johnston (4 of 4), Madalynn Lady (2 of 2), Lauren Maurice (1 of 1), Addison Mccullough (4 of 4), Anuranda Perry (1 of 1), Trent Regier (2 of 2), Joseph Ross (1 of 1), Delbert Salvadalena (1 of 1), Mackenzie Sepeda (3 of 3), Mary Catherine Strizic (2 of 2), Maryn Vanwoudenberg (3 of 3), Nicholas Vassilenko (3 of 3), and Bryan Wong (2 of 2).

**22 IMPROVE 100% AT VISALIA MEET**— October 2017

Ninety-eight TNT swimmers competed at the Visalia Quad meet held at El Diamante High School on October 7<sup>th</sup>, and 24 of our 78 athletes with pre-recorded times in 50-yard and longer events led the team's improvement rate of 56% by improving 100% of their times. Our improvements were led by five swimmers who entered the maximum number of four events that had been previously recorded with the team, and improved all four of them. These included 10-year old Maquire Barteau, 14-year old Peyton Costa, Selma's 12-year old Sydney King, Selma's 8-year old Jade Perez, and 12-year old Mackenzie Sepeda. Our additional 14 swimmers who maintained the 100% improvement rate include: Riley Carpenter (2 of 2), Beau Cooper (2 of 2), Reagan Cooper (2 of 2), Skylyn Coppola (1 of 1), Madison Dutto (2 of 2), Ava Goodwill (1

of 1), Jillian Hoover (1 of 1), Dylan Hunt (2 of 2), Canyon Johnson (1 of 1), Pearl Johnson (2 of 2), Landon Larsen (3 of 3), Clest Madrigal (1 of 1), Finnlee Morgan (2 of 2), Lily Seargeant (2 of 2), Mary Catherine Strizic (2 of 2), Kennedy Warren (1 of 1), Brett Wong (1 of 1), Bryan Wong (3 of 3), and Bryce Wong (3 of 3).

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Fourteen TNT swimmers came away from the meet as event champions, and these were led by three of our team members who remained undefeated for the day. Ten year old Drew Black remained uncontested in the 50 free (28.90), 100 fly (1:10.00), 50 back (34.14), and 100 IM (1:12.76) events, while Visalia's six year old, Caron Clarke took home the win in his event of the 25 free (20.58). Selma's 10-year old Cody Coles went undefeated in all four of his events, and these included the 50 free (31.69), 50 breast (40.52), 100 fly (1:22.49), and 100 IM (1:19.42). Our remaining event champions include: Danielle Albright (100 breast & 200 IM), Maquire Barteau (50 back), William Butts (50 back), Noah Hoy (50 breast), JD Koster (200 fly, 100 back & 200 IM), Preston Niayesh (100 breast), Ava Olson (100 fly), Reece Phillips (25 back), Ivan Rodriguez (50 free, 50 breast & 50 back), Joseph Ross (50 free, 100 fly & 100 IM), and Bryan Wong (1650 free).





## **BOUDREAUX, MECUM, & MEDEIROS IMPROVE 100% IN MERCED**— October 2017



Twenty five TNT swimmers competed at the 2017 Gil Williams Memorial Halloween Meet over the October 21<sup>st</sup>-22<sup>nd</sup> weekend and four of the 25 maintained a 100% improvement rate in events 50 yards or longer in events previously recorded with the team while competing at the meet. Eight year old Porterville swimmer, Nathan Boudreaux improved 50 breaststroke which was his only previously recorded 50-yard or longer event, and swam the 100 IM for the first time while competing club, while 14-year old Jojo Mecum improved his 100 free (1:16.25), 50 free (34.27), and 100 breaststroke (1:35.31) events. His ten-year old sister, Raquel Mecum, had two previously recorded events, and improved both of hers that included the 50 breast (44.37), and 50 free (37.23) events. Twelve-year old Malayna Medeiros posted an improvement in her 50 fly (36.80) by dropping nearly nine seconds in the event, and also swam the 100 free (1:14.36) for the first time. Twelve additional swimmers improved 50% or more of their times, and these include: Drew Black (improved 5 of 7), Natalie Boudreaux (1 of 2), Aidan Champagne (5 of 6), Duncan Champagne (3 of 6), Isabella Gornick (1 of 2), Daniel Haley (5 of 7), Dylan Hunt (4 of 5), Ashton King (2 of 4), Addison Mccullough (5 of 8), Michelle Murphy (2 of 4), Mackenzie Sepeda (5 of 6), and Mary Catherine Strizic (1 of 2).

Two of our swimmers competed uncontested at the meet, and these include 10-year old Drew Black who won all seven events entered (100 & 200 free, 100 fly, 50 & 100 back, 100 breast, 100 & 200 IM), and 14-year old Peyton Costa who won all seven of his (200 & 500 free, 100 fly, 100 & 200 breast, 200 & 400 IM). Other event champions included: Sienna Abernathy (winning 3: 50 free, 50 & 100 fly), Danielle Albright (2: 200 free & 200 breast), Nathan Boudreaux (2: 25 back & 50 breast), Daniel Haley (1: 1000 free), Dylan Hunt (1: 200 back), Addison Mccullough (1: 50 breast), and Ava Olson (2: 100 breast & 200 back).

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## **FIVE FINAL AT KEVIN PERRY**— November 2017

Thirteen TNT swimmers traveled to Huntington Beach over the first weekend of November to compete at the senior-level meet there, and five of our swimmers came away with second swims, led by Visalia's Megan Ridenour who had our highest place finish of 7<sup>th</sup> in the championship final of the 100 yard breaststroke where she posted a life-time best of 1:04.02 in the preliminary heats, and establishing her first Winter Junior National qualifying time. Our Winter Junior National team doubled in size from two to four with Megan's swim, and Danielle Albright's swim in the same event, also during the preliminary heats. Danielle posted a time of 1:04.24 in the prelims that was fast enough for a 9<sup>th</sup> place finish, and new Winter Junior National cut. Based on a scratch, Danielle was able to compete in the championship field where she finished 8<sup>th</sup>. The two new Winter Junior National qualifiers will

join Preston Niayesh, and JD Koster as they travel to the University of Iowa over the second weekend of December, all of whom will compete in their first Junior National meet.

Danielle Albright was one of three TNT swimmers who earned a second swim in two events while at the Kevin Perry meet, her other events being in the 200 yard breaststroke where she posted a lifetime best of 2:22.05 in the preliminary heats which was fast enough for a consolation spot where she finished 16<sup>th</sup>. Another double-finalist was JD Koster whose highest finish was 16<sup>th</sup> in the consolation heat of the 400 IM where he posted a lifetime best of 4:09.06 in the preliminary heats, and then swam 4:15.61 in finals. His second final was in a bonus heat of the 200 fly after swimming another lifetime best of 1:54.99 in the preliminary heats, and then 1:55.60 in finals to finish 23<sup>rd</sup>. Preston Niayesh was our only other double finalist, and he earned two consolation swims with his highest place being 11<sup>th</sup> in the 100 breaststroke where he posted a time of 58.23 after swimming a 58.46 in the preliminary heats. The 58.23, although not necessarily his fastest time when considering high school competition, is a new team record going under his previous record of 58.34 that he posted at Sectional in March of this year. His 200 yard breaststroke preliminary swim of 2:06.99 was over a five second improvement to take him 14<sup>th</sup> into the consolation final, where he moved up one place to 13<sup>th</sup> and posted a 2:08.20 for his time. His preliminary swim was also a new team record, and fell just over a second under Nathan Rhea's 2:08.01 posted at Sectionals in 2012. Preston's new team records ranks 25<sup>th</sup> and 21<sup>st</sup> nationally for boys at age 16 within the most current reporting cycle. Our remaining finalist was Alonso Escobedo who improved over five seconds in the 400 IM of the preliminary heats to a 4:09.30 and 16<sup>th</sup> place there, and moved up one place to 15<sup>th</sup> with a time of 4:09.56.

Our additional competitors, along with their highest place event include: Janessa Bringe (40<sup>th</sup> in the 1000 free), Peyton Costa (117<sup>th</sup> in the 100 back), Layla Flores (58<sup>th</sup> in the 100 breast), Jonas Huckabay (57<sup>th</sup> in the 1000 free), Garrison Price (35<sup>th</sup> in the 100 & 200 fly), Brett Wong (91<sup>st</sup> in the 50 free), Bryan Wong (64<sup>th</sup> in the 200 breast), and Bryce Wong (44<sup>th</sup> in the 400 IM).

### **CARSON CLARKE & DREW BLACK WIN HIGH POINT IN FRESNO**— November 2017



Nearly 400 swimmers competed at the Dowain Wright Memorial swim meet hosted at the Bullard High School pool in Fresno over the November 18<sup>th</sup> – 19<sup>th</sup> weekend where 72 TNT swimmers were the third largest team at the meet, and who contributed to the team's 2<sup>nd</sup> place finish behind Clovis, and ahead of Fresno Dolphins. This was our final swim meet moving into the winter championship-level meets that include the Winter Age Group Championships in San Diego, Husky Invitational in Washington state, and Junior Nationals in Idaho.

Two of our swimmers came away with High Point recognition within their respective age and gender divisions. These went to Visalia's Carson Clarke who came home with the plaque for the 6-under boys division by scoring 27 points. Carson was the event champion in three of his four events that included the 50 free (51.01), 25 free (22.53), and 25 back (25.15). Tule Nation Tritons is also proud of our runner-up in the division. Hanford's James Lady was the next highest point getter at the meet in the division. Our only other high point recipient was Drew Black who was uncontested in six of her seven events at the meet, winning the 100 free (1:02.99), 50 breast (39.02), 200 IM (2:34.78), 100 fly (1:09.81), 50 back (33.96), and 100 IM (1:16.18).





events. Tule Nation Triton swimmers were the top two point-getters in this division as well with Lemoore's Michelle Murphy scoring only two points behind Drew among 24 athletes in the division. Michelle was the event champion for the 50 fly (33.83), 100 back (1:19.76), and 50 free (30.86) events.

Other High Point runner-ups included Ava Olson in the 11-12 girls division who was the event champion for the 200 IM (2:28.07), and her Selma counterpart, William Butts who was the 11-12 boy's runner up, and event champion in the 50 back (33.77). Additional event champions at the meet included Visalia's 12-year old Ella Bettencourt (50 fly – 30.46), Visalia's 16-year old Janessa Bringe (400 IM – 5:01.15, 200 fly – 2:17.66 & 200 IM – 2:20.50), and her team mate, 14-year old Layla Flores (50 free – 25.73 & 500 free – 5:26.99), 7-year old Regan Hildreth (50 breast – 48.78), Visalia's 16-year old Megan

Ridenour (500 free – 5:43.58), and Selma's 12-year old Chesney Watson (500 free – 5:42.23).

Eleven TNT swimmers maintained a 100% improvement rate for 50-yard events and longer, and this recognition goes to: Carson Clarke (1 of 1), Shannell Flores (3 of 3), Kate Geiger (6 of 6), Daniel Haley (6 of 6), Regan Hildreth (4 of 4), James Lady (1 of 1), Rita Rasner (3 of 3), Clara Shinn (2 of 2), Liam Shinn (3 of 3), Chesney Watson (4 of 4), and Ava Wofford (2 of 2). A welcome goes to Alexis Bilotti, Spencer Eastman-Gmez, Danielle Hager, Gabrielle Mendoza, Noah Ortega, Sebastian Ortega, and Reece Phillips for posting all new times with the team.



## **ALONSO ESCOBEDO FINALS AT HUSKY— December 2017**

Six TNT swimmers qualified for, and competed at the 69<sup>th</sup> annual Husky Invitational that took place over the first weekend of December in the swim complex located in Federal Way, Washington near Seattle, and one swimmer placed TNT on the scoreboard at this senior-level meet. Alonso Escobedo scored six points by finishing in a scoring position of 19<sup>th</sup> in the 400 IM after swimming a time of 4:10.38 in the preliminary heats, and nearly repeating the swim with a time of 4:10.91 in finals. He had also earned a second swim in the 200 yard backstroke in the D-final, and posting a lifetime best of 1:56.81 there while placing 28<sup>th</sup>.

Selma's Jonas Huckabay was our next highest placed finisher after posting a lifetime best by nearly ten seconds in the 1650. His time of 16:43.01 was fast enough for a 28<sup>th</sup> place finish in the time-based final in that event.

Our top performance in terms of time improvement goes to 14-year old Visalia swimmer, Layla Flores who improved four of her six events. Her highest finish was 54<sup>th</sup> in the 100 yard breaststroke where she posted a time of 1:08.53. The next highest finisher went to her training partner from Visalia, Janessa Bringe, who finished 65<sup>th</sup> in the 500 free (5:16.04). Selma's Maya Herrera finished 137<sup>th</sup> in the 50 free (25.49), while her Selma training partner, Emma Pena, finished 148<sup>th</sup> in the same event (25.60).

## **4 RETURN TNT TO JUNIOR NATIONALS— December 2017**

Although TNT swimmers began a regular appearance to Junior Nationals back in 2005, TNT's last representation at any Junior National meet was the summer of 2016 when Mallory Korenwinder competed at the Summer Junior National meet in Minneapolis, Minnesota. After missing an appearance at the 2016 Winter Juniors, and 2017 Summer Juniors, four of our athletes constituted one of the largest teams at any Junior National meet, all four qualifying for their first Junior National level of competition. In order of qualifying, Preston Niayesh, JD Koster, Visalia's Megan Ridenour, and 14-year old Danielle Albright all join the ranks of Kohlton Norys, Megan Eppler, Samantha Goates, Mallory Korenwinder, Chris Nolan, Bradley Matsumoto, Wesley Coles, Micha Storey, Lauren Davis, Jillian Hatch and Sierra Jett as USA Swimming Junior National qualifiers for TNT.

During this year's meet at the University of Iowa, JD Koster came away with our team's highest place, and being the only swimmer to improve at the meet, and doing so in both his qualified 200 fly event, swimming a time of 1:50.99 (a four second improvement), and also improving his 100 fly time trial event (51.48). Visalia's Megan Ridenour had our next highest finish at 85<sup>th</sup> in the 100 breaststroke, with a time of 1:05.01, placing just ahead of the 86<sup>th</sup> place finish of Danielle Albright who swam a time of 1:05.02. Preston Niayesh competed in both the 100 and 200 breaststroke, and finished 130<sup>th</sup> in the 200 breast event.

## **TNT PLACES 9th AT WINTER AGE GROUP CHAMPIONSHIPS— December 2017**



Over 900 swimmers representing about 35 teams competed at the Winter Age Group Championships on Coronado Island in San Diego over the third weekend of December, and our group of 23 TNT swimmers finished among the top 9 scoring teams at the meet. A total of 652 points from individual events were generated by fifteen of our swimmers, led by Drew Black who had the busiest schedule by earning a second swim in the maximum number of events that a swimmer may enter, and generating 140 points at the meet. Although our team didn't field a single individual event champion, Drew managed to earn three runner-up positions, and was our only swimmer with a 2<sup>nd</sup> place in any individual

event finishing second in the 10-under 100 free (1:00.96), 50 fly (30.77), and 50 free (28.19). Our next highest point getter was Lemoore's Michelle Murphy, and she accumulated 98 points by earning a second swim in six of her nine events, and scoring in all nine. Her highest finish was 4<sup>th</sup> in the 10-under 50 freestyle where she posted a time of 29.14 while competing in her first Winter Age Group Championship meet. Besides Drew Black, only two other swimmers came away with a finish as high as 3<sup>rd</sup> place, and Ava Olson was one of them. At 79 points, Ava also generated the third highest points from individual events, and placed 3<sup>rd</sup> in the 12-under 200 fly with a time of 2:22.55.

Our remaining finalists include Hanford's Addison McCullough at 67 points by scoring in all nine events, her highest place being 7<sup>th</sup> in the 10-under 50 breast where she posted a time of 40.29 in the preliminary heats. Next was Selma's Sienna Abernathy, who was the other 3<sup>rd</sup> place finisher, and doing so in the 10-under 100 free with a time of 1:04.08, and accumulating 64 points across the three days. Bryan Wong competed at the bottom of the 13-14 age division, and scored 59 points with his highest place being 4<sup>th</sup> in both the 400 IM (4:23.94), and 200 breast (2:16.34) events. Peyton Costa scored in seven of his nine events, with his highest finish being 4<sup>th</sup> in the 100 free (51.25). Bryce Wong finished 7<sup>th</sup> in the 15-18 200 fly with a time of 2:02.83, and scored 25 points total, while younger sister, Alexa Wong accumulated 18 points while competing at the bottom of the 11-12 girls division, and having her highest finish as 11<sup>th</sup> in the 100 fly with a time of 1:06.91. Visalia's Janessa Bringe brought in 17 points and scored in 9<sup>th</sup> place as her highest finish in the 13-over 1650 freestyle with a lifetime best of 18:16.49, while Hanford's Thomas Matthews raked in 12 points for the 11-12 boys division,

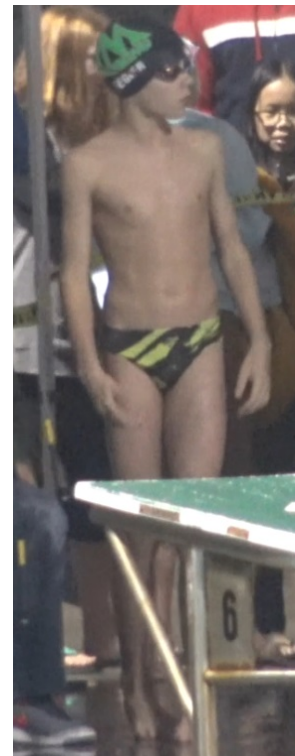


placing 7<sup>th</sup> in the 12-under 200 fly, swimming the short course event for the first time, and posting a 2:48.26 as his time. Selma's Trent Reiger scored in the 11-12 boys 50 fly, earning his final swim, and 10<sup>th</sup> place finish, while competing at his first Winter Age Group Championships, and posting a time of 30.10. Seventeen year old Brett Wong also placed 10<sup>th</sup> in 15-18 200 fly with his lifetime best of 2:04.86, while a Visalia duo of Ciara Clarke, and Ella Bettencourt each scored in multiple events, Ciara having her highest finish as 13<sup>th</sup> in the 11-12 girls 50 fly (29.85), while Ella finished 15<sup>th</sup> as her highest place in both the 11-12 girls 50 breast (35.60), and 100 breast (1:18.09).

Visalia's Ella Bettencourt was also one of only three swimmers who improved 100% of their times while competing at the meet. She improved all six events she entered, with the largest improvement exceeding three seconds in the 100 breaststroke. Another swimmer with a 100% improvement rate was Selma's Daniel Haley who entered seven events, and improved all seven, and dropping over twelve seconds in the 1000

freestyle. Hanford's Isabella Klawitter was our final swimmer who maintained 100% improvement, and she did this by entering and improving the 50, 100, 200 and 500 freestyle events. Her largest drop was nearly thirty-one seconds in the 500 freestyle. Fourteen additional swimmers improved 50% or more of their times, and these included: Peyton Costa (89%), Ava Olson (89%), Ciara Clarke (86%), Alexa Wong (83%), Dylan Hunt (80%), Drew Black (78%), Michelle Murphy (78%), Madalynn Lady (75%), Brett Wong (67%), Bryan Wong (60%), Janessa Bringe (50%), Ashton King (50%), Thomas Matthews (50%), and Bryce Wong (50%).

Congratulations for qualifying, and competing at their first Winter Age Group Championships, goes to ten-year old Maguire Barteau whose highest finish was 21<sup>st</sup> in the 50 backstroke, and twelve year old Amy Murphy whose highest finish was 31<sup>st</sup> in the 12-under 200 breaststroke. Congratulations also go to Katherine Sullivan whose highest place was 20<sup>th</sup> in the 15-18 girls 200 butterfly event.



# ANK SWIMMING